

Objectives	Course Content	Learning Activities
	D. Serve as directed by supervisory nurse E. Provide necessary eating utensils/straw/napkin.	
6.8 Demonstrate the procedure for serving supplementary nourishments.	VIII. Serving Supplementary Nourishments A. Supplies – nourishments, napkins, feeding aids (straws, flatware) B. Procedure – Serving Supplementary Nourishments	Demonstration: Performance Checklist #3 Serving Supplementary Nourishments. Return demonstration after practice. Follow facility policy for distribution of nourishments.
6.9 Identify the special fluid orders that the physician could write for residents.	IX. Fresh Drinking Water A. Fresh water should be provided periodically throughout the day B. Encourage residents to drink 6-8 glasses daily if appropriate C. Note residents who have special fluid orders. <ol style="list-style-type: none"> 1. N.P.O. 2. Fluid restrictions - Remind resident of restrictions 3. Force fluids <ol style="list-style-type: none"> a. Offer fluids in small quantities b. Offer fluids (resident preference) without being asked c. Remind resident of importance of fluids in getting better 4. No ice D. Providing Fresh Drinking Water <ol style="list-style-type: none"> 1. Supplies – cart, pitchers, cups, scoop for ice, straws 2. Procedure – Providing Fresh Drinking Water 	Demonstration: Performance Checklist #4 Providing Fresh Drinking Water. Return demonstration after practice.
6.9.1 Demonstrate the procedure for providing fresh drinking water.		Follow facility policy for distribution of drinking water.
6.10 Identify normal changes in the digestive system as they relate to the aging process.	X. Aging Changes A. Decreased number of taste buds B. Slowing of peristalsis causing constipation C. Slower absorption of nutrients D. Difficulty chewing and swallowing E. Loss of bowel muscle tone	Suggest a reason that would explain why some residents would add a lot of salt to their food.